

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02037, Spices, saffron

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	11.90	111	0.247	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	310	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	1298	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	11.43	--	0.684	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat)	g	5.85	--	0.737	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Ash	g	5.45	103	0.084	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	65.37	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	3.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Minerals													
Calcium, Ca	mg	111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Iron, Fe	mg	11.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	264	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Phosphorus, P	mg	252	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	1724	--	251.548	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	148	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2001
Zinc, Zn	mg	1.09	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Copper, Cu	mg	0.328	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Manganese, Mn	mg	28.408	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Selenium, Se	µg	5.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	80.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Thiamin	mg	0.115	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Riboflavin	mg	0.267	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Niacin	mg	1.460	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Vitamin B-6 ¹	mg	1.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2001
Folate, total	µg	93	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	93	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2001
Folate, DFE	µg	93	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin A, RAE	µg	27	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2001

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	530	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	1.586	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	1.157	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.247	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.429	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.390	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	2.067	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.754	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	1.242	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2001

Flavonoids

Flavonols

Kaempferol ^{3 4}

mg 205.47 -- 49.22 146.75 318.35 -- -- -- -- -- --

Sources of Data

¹S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167²Areias, F. M., Valentão, P., Andrade, P. B., Ferreres, F., and Seabra, R. M. Phenolic fingerprint of peppermint leaves., 2001 Food Chem. 73 pp.307-311³Justesen, U., and Knuthsen, P. Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes., 2001 Food Chem. 73 pp.245-250⁴Aligourchi, H., Barzegar, M., and Abbasi, S. Anthocyanin characterization of 15 Iranian pomegranate (*Punica granatum*) varieties and their variation after cold storage and pasteurization., 2008 Eur Food Res Technol 227 pp.881-887